



Registered Office: Kelly Roche House, 619 North Circular Road, Dublin 1

CRO registration number: 134567

Website: www.cyclingireland.ie

Directors: Jack Watson, James McArdle, Denis Toomey, Senan Turnbull, Siobhan O'Connor, Anthony Mitchell, Vern Power, John Horgan

The Irish Cycling Federation trading as Cycling Ireland, an Irish registered company limited by guarantee.

Final AGM Notice – 2015 AGM

15th October 2015

The Cycling Ireland Annual General Meeting will take place on **7st November, at 11am, at the Crown Plaza Hotel, Northwood, Santry, Dublin**. Delegates are requested to arrive prior to 1045 in order to facilitate a timely start to the AGM. Enclosed are the standing orders and agenda for the AGM.

A detailed AGM manual with the various reports, accounts and other information will be made available to delegates on the day and also on the Cycling Ireland website at in advance of the AGM.

Please also note:

- Only clubs registered for at least six months are entitled to vote (clause 20.b.ii);
- Those casting votes must be at least 16 years old as at the date of the AGM (clause 24);
- A member may cast a vote for each Affiliated Club, Provincial Executive or Commission of which they are a member (clause 24);
- Delegates of Affiliated Clubs must have been a member of that Affiliated Club for at least three months prior to the AGM (clause 26).
- There is no voting by proxy (clause 20.b.iii)

This year the annual Awards Night will take place at the Crown Plaza Hotel in Santry, Dublin 2 on the evening of Saturday 21st November 2015. Tickets for this event will be available shortly for sale through the Cycling Ireland website.

Yours sincerely,

A handwritten signature in black ink that reads 'Geoff Liffey'. The signature is written in a cursive style and is positioned above a horizontal line.

Geoff Liffey,
Chief Executive Officer and Company Secretary,
Cycling Ireland



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Standing Orders for 2015 Cycling Ireland AGM

- 1 Only club, commission or provincial executive delegates and persons invited by the Chairman may address the meeting.
- 2 A motion can only be moved by a representative of the member, as defined in the Articles of Association 2 (a) to (g) inclusive, who proposed the motion or by a Board member.
- 3 A motion or amendment shall be seconded immediately after the mover's speech and before any discussion is permitted.
- 4 A speaker shall not speak more than once in debate on any motion or amendment except in the following circumstances:
 - a. A seconder may reserve their speech until later in the discussion providing the seconding is purely formal;
 - b. The mover of the motion shall be entitled to reply to the debate on the motion;
 - c. The movers of any amendment and the original motion shall be entitled to reply in that order at the end of the discussion on each amendment and before voting takes place;
 - d. By permission of the Chairman where an explanation, information or correction is necessary.
- 5 In reply to debate the movers must confine themselves to answering previous speakers and must not introduce new matters into the discussion.
- 6 Speakers may be limited to three minutes for the mover of the motion, two minutes for the mover of the amendment and one minute for other speakers.
- 7 If more than one amendment is proposed to the original motion they shall be set against the motion in their order in the final agenda. If an amendment is carried, then the motion, as amended, shall become the substantive motion.
- 8 A decision shall not be rescinded or amended at the same meeting by any subsequent motion.
- 9 It shall be competent for any delegate, who has not taken part in the debate, to move formally:
 - a. That the question be put;
 - b. That the meeting proceed with the next business;
 - c. That the debate (or meeting) be adjourned;
 - d. The previous question
- 10 The vote on such motion shall be taken immediately without discussion - if the motion that the question be now put is carried.
- 11 Any person ruled out of order by the Chairman will cease speaking and resume their seat.
- 12 Any person who, having been ruled out of order by the Chairman, refuses to comply with these Standing Orders will be expelled from the meeting.
- 13 The meeting shall, on a motion duly moved and seconded, and with the consent of not less than two-thirds of the delegates voting, suspend such provisions of these Standing Orders as shall be specified by the motion. In moving any such motion, the mover shall state the purpose for which the suspension is sought and the motion shall be put to the meeting without discussion.

Irish Cycling Federation 2014 AGM at Crown Plaza Hotel, Northwood, Santry, Dublin on 7th
November 2015 at 1100 hours

Agenda

1. President's address.
2. To adopt the attached standing orders for the orderly conduct of the AGM.
3. To consider the minutes of:
 - the AGM of 1st November 2014,
4. To:
 - receive and consider the Directors' report annexed to the 2014 annual accounts of the company;
 - receive and consider the certified audited financial statements of the company for the year ended 31st December 2014;
 - receive and consider the Income and Expenditure Account for the nine months to the 30th September 2015 and the 2016 budget principles.Mr. Sam McArdle, Honorary Treasurer, will present these.
5. To fix membership fees for 2016, Mr. Sam McArdle, Honorary Treasurer, will present these. The following changes to the fees are proposed for 2016
 - An Introduction of a new license type – “Non-Cycling License” for €20/£15
 - An Increase in Non-Competition License from €30/£25 to €35/£26 with discount to €32/£24 for those that wish to sign up for direct-debit recurring option.
 - There is a related motion (15) from Cycling Munster to increase the Non-Competition License fee by €10
 - A proposed new family non-competition license type for €65 to cover two non-competition adults and two youth licenses
 - Motion 9 from Drogheda Wheelers to reduce Photo Finish camera fee by 50%
6. To appoint Auditors for 2016.
7. To consider the following reports:
 - Off-road Commission Report;
 - Track Commission Report;
 - BMX Commission Report;
 - Women's Commission Report;
 - Paracycling Commission Report;
 - Youth Academy Report;
 - Anti-Doping Report;
 - College of Commissaires Report.
8. Business update presented by Mr Geoff Liffey, CEO.
9. To consider the following motions:

See the full list of motions at the end of the agenda
10. To elect an Honorary President, the following have been nominated:
 - Mr Anthony Mitchell has been nominated by Ballymoney CC, Powerhouse Sport and North Down CC
 - Mr Ciaran McKenna has been nominated by Cuchulainn CC, Cycling Leinster and Team Bikeworx Celbridge

- Mr Denis Toomey has been nominated by Tandem Cycling Ireland & Paracycling Commission

11. To elect two Board Members, the following have been nominated:

- Mr Anthony Mitchell has been nominated by Ballymoney CC, Powerhouse Sport and North Down CC
- Mr John Horgan has been nominated by Team Aquablue and Cycling Munster

12. Close of AGM.

List of Motions for 2015 AGM

Please note there are a series of motions which are similar and with some overlap with motions from the Board, these have all been grouped together where possibly. Motions submitted from clubs which will affect the technical rules have a reference to the rules listed below the motion.

Proposed by John Brennan – Castlebar CC

1. Rider transfer between clubs be limited to once per year and when approved for transfer a rider is ineligible for competition for a period of 14 days from the date of transfer

Affected currents rules by above motion
Chapter G2.4

Proposed by the Board of Cycling Ireland

Related to the motion (1) above a change to the following section, where the wording in bold red text is added

2. Chapter G2-Transfer
Notwithstanding rule G2.1 above a club member may transfer between clubs, provided both clubs are in agreement that such a transfer is acceptable. The application for a change of licence to Cycling Ireland should be accompanied with a letter of agreement from their most recent club, and a letter of acceptance from the proposed new club.
Only one such transfer will be permitted in any calendar year.

(The rationale is to restrict the abuse of this regulation in its original format.)

Proposed by Dáire Mooney – Eire Og CC

3. Limited Competition License holders to be issued with back numbers by Cycling Ireland.

Affected currents rules by above motion
Chapter T5.A2

4. 1 Day Licenses (Event Licenses) to be made available throughout the year with no cut-off date excepting Championship events. If possible allow members to avail of the online system to apply and purchase said license.

Affected currents rules by above motion
Chapter T1.3

Proposed by the Board of Cycling Ireland

Related to the motion (4) above a change to the following section, where the wording in bold red text is added

5. Chapter G1-Membeship and Licence

15. An appropriate Event Licence will permit the holder to participate as a rider in Cycling Ireland Events excluding

- Criteriums,
- Stage Races
- All National Championships
- Open Massed Start or Open Handicapped Races after the 1st April each year **REPLACE WITH between 1st April and 1st August each year.**

However for Women's Beginners Closed Circuit Races and Women's Training Days, an Even Licence limited to one time per participant may be permitted. Officials may take out an Event Licence at any time. Such Event Licence fulfils the requirements of rule T1. Such licence grants the holder membership of Cycling Ireland for insurance purposes only, in respect of that event only.

The rationale is to permit those riders who have joined CI towards the end of the year the opportunity to participate in an open race without having to pay for a full competition licence with the season almost over. This should also facilitate promoters with their entries as these tend to fall away after July.

Proposed by Kay Howard – Stamullen RC

6. In the case of a 2nd Year Junior (U.18) rider that has amassed 30 points or more from the previous racing season, he then moves up to Senior A2 category

Affected currents rules by above motion

Chapter T3.3(a) – Chapter T4.A2.2 – Chapter T4.A3.6

Note there are two related motions (7 & 8) to the above one from the Board of Cycling Ireland and one from Drogheda Wheelers see below.

Proposed by the Board of Cycling Ireland

7. Chapter T3-Upgrading

3. (a) A junior on reaching senior grade will be categorised as A3 unless they have amassed 50 points or more in their last year as a junior in which case they may opt for an A2 licence. No junior will be upgraded beyond A3. See also T4.A2.2 and T4.A3.6.

Replace with:-

2. (a) With the exception of juniors as defined in T4.A2.2 A junior on reaching senior grade will be categorised as A3 unless they have amassed 50 points or more in their last year as a junior in which case they may opt for an A2 licence.

See also T4.A2.2 and T4.A3.6.

Note. If the above changes are passed then Ch.T3 Art.2 point 5, Ch.T7 Art1 point 20 and Ch.T7 Art.2 point 21 will require amendment to allow for juniors graded as A2 to be exempt from the junior maximum distances.

Proposed by Drogheda Wheelers

8. "That the number of points currently required to upgrade from A3 to A2 be reduced from 15 to 10, and that full A3 rider points allocation carries forward to the next racing year. The first eight actual A3 riders are given a full allocation of points in a combined A3/Junior race. Juniors still to accumulate points in the normal way"
9. That Cycling Ireland reduces the cost of hiring the photo finish camera by 50% to €30/£25 per event to encourage more promoters to avail of the facility and also to lessen the burden on already hard pressed road race promoters.
10. That it becomes strongly recommended that all Road Races have at least one motomarshal with each event to improve safety. Also this person could be mandated by the commissaire to carry safety/warning messages to the riders from commissaire

Affected current rules by above motion
Chapter G7 – Other Officials

11. That a properly structured road commission/committee be put in place by Cycling Ireland before commencement of 2016 road season. This body is also to have full control over any proposed national league or national series. Any complaints re events etc also to be dealt with directly by this body"

Proposed by Omagh Wheelers

12. Omagh Wheelers propose that a rider with a Masters licence may be allowed to change their licence to a Senior licence once within a given year. This is to give relevant riders the option of riding the Senior National Championships (ref T2.2.h).

Rule T.10.31 should still apply that a rider can only ride one National Championship for any given discipline in that year.

13. The CI licence system should allow a rider to be a M30 category for MTB & BMX, whilst also a Senior category for road (ref T2.2.h).

Proposed by Cycling Munster

14. Cycling Ireland will not approve or insure any event that has not been approved by the Provincial Board or rejected by the Provincial Board unless the event is deemed by the Board to be of strategic importance.”
15. Cycling Munster propose an increase in Non-Competition license holders fee from €30 to €40 with the €10 increase being split with €5 passing to the province via an additional capitation payment and €5 remaining with CI.

Proposed by Dromara CC

16. That the minimum number of female entries for national championships be reduced from the current 12 to 6.

Chapter T10, Article 1 (National Championships), item 11.

Senior females with either a Limited Competition licence or a Full Competition make up just 8% of the total number of members with these licences. This figure drops to 5% of those with a Full licence.

The current 12 minimum for both male and females does not reflect the difference in the proportions of the genders. The danger is that we would not meet this target and therefore not allow our top end females to have a national championship in a particular discipline.

The figure 12 represents just over 2% of females with the appropriate licence. This is equivalent to setting a minimum number of 141 male entries for a national championship.

Proposed by the Board of Cycling Ireland

17. For all new clubs the minimum number of persons required to setup the club will be increased from currently 6 to 12 members.

18. Proposed Changes to G8 Calendar Regulations

Existing Wording

2. Each Provincial Executive will draw up a calendar of events (races and touring activities) to be promoted in their Province in the next calendar year, each Commission may also draw up a calendar for its own discipline. This list of events will be sent by the 1st October to the Cycling Ireland Calendar Coordinator at the Cycling Ireland Office who will be responsible for establishing the Cycling Ireland Calendar for the forthcoming year

Replace with,

2. Clubs apply on line to run events for the upcoming year from mid-September until 31st October each year. Each Provincial Calendar Coordinator will review all events submitted on line to be promoted in their Province and approve or rejects them for next year's calendar. Similarly, Each Commission may review / approve events for its own discipline. All approved events will be reviewed by the Cycling Ireland Calendar Coordinator who will be responsible for publishing the full Cycling Ireland Calendar by province and discipline for the forthcoming year by 30th November. Events submitted after the closing date will have no priority in the allocation of dates.

(Additional new wording)

Application to promote events for the next calendar year will be made, on line, from 15th Sept. until 31st October. Each Provincial Calendar Coordinator will review and approve, or reject, all events submitted on line to be promoted in their Province. Similarly, commissions may review and approve, or reject, events within its discipline. The applicant for any event rejected must be advised of the rejection and reason for such. All approved events will be reviewed by the Cycling Ireland Calendar Coordinator who will be responsible for establishing and publishing the full Cycling Ireland Calendar, by province and discipline, for the next calendar year by 30th November. Events submitted after the closing date will have no priority in the allocation of dates.

Existing

5. Approval for a race not previously entered on the calendar may be granted by the Provincial Secretary, but only after consultation with and approval from the Promoter, of any race scheduled for that day in an adjacent province with the exception of Sundays. This shall also apply for any additional Leisure /Non-Racing event, that is not already on the calendar

Replace with,

5. Approval for an **Event** not previously entered on the calendar may be granted by the Provincial Coordinator, but only after consultation with and approval from the Cycling Ireland Calendar Co-ordinator with the exception of Sundays.

Existing

6. The inclusion of an additional Sunday race or a change to a race as listed in the calendar for a Sunday must be approved by the Board of Cycling Ireland. Approval for such inclusion or change must be submitted at least 21 days in advance of the date of the race and must include confirmation that the promoters of any other race listed for that day are in agreement with the race being promoted.

Replace with

6. The inclusion of an additional Sunday **event** or a change to a race as listed in the calendar for a Sunday must be approved by the Board of Cycling Ireland on the recommendation of the Cycling Ireland Calendar Coordinator. Approval for such inclusion or change must be submitted at least 21 days in advance of the date of the race to the Cycling Ireland Calendar Coordinator.

19. Members of a Cycling Ireland affiliated club holding a limited competition licence may participate in open races promoted by the club of which they are a member, excluding National Championships. It is the responsibility of the promoting club to assess the ability of the rider to compete in such an event **and in consultation with the race commissaire agree an ability category for the rider.**

The rationale is to allocate responsibility for grading the rider.

20. Chapter T4-Gear, Distance and Competition Limits.

Article 2-Juniors

Junior riders **in road races** shall be restricted to a maximum gear rollout of 7.93 meters being the distance travelled by one crank revolution.

The rationale is to bring CI into line with the UCI Regs in which there is no gear restriction in track racing.

23. Junior riders on reaching Senior grade will not be graded as an A+ or A1. Youth riders on reaching Junior grade will be graded as A3 and will remain A3 throughout their junior career. Riders of junior age on joining Cycling Ireland for the first time will be graded A4.

Replace with-

Youth riders on reaching Junior grade will be graded as A3. Riders of junior age on joining Cycling Ireland for the first time will be graded A4. Junior riders who, at the end of their first year, have accumulated 50 or more grading points may opt for an A2 licence with zero points carried forward. Junior riders so graded, who, at the end of their second year have 15 or more points will be graded as an A1 or if a member of a UCI registered team A+, with zero points carried forward.

The rationale is to assist in the development of our better juniors.

24. Chapter T9-Cyclo Cross.

14. The pit is the only part of the circuit where riders can change wheels or bicycles.

Refreshments can also only be taken on from the pit lane with the exclusion of the first and last lap.

Remove this sentence.

New point 27

27. Riders may carry fluids on their bicycles and install bottles on their spare bicycles in the pit area. Hands-free water carrying systems such as backpacks are permitted, and riders may also carry water bottles in their jersey pockets. However, it is forbidden to receive a bottle from anybody along the course. Extra fluids can only be obtained during the race when a rider takes a spare bicycle, already equipped with a bottle, from the pit area.

The rationale is to bring CI into line with the recent amendment from the UCI.

25. Chapter G8-Calendar

12. The Masters TT Championships, M40, M50 & M60 to be part of the bundle which includes the Junior TT Championships.

The Masters RR Championships, M40, M50 & M60 to be part of the bundle which includes the Men's Senior RR Championships.

26. Chapter T2-Categories / Grading

2, (a) Youth (10) include **BMX**

27. Chapter T5-Pre Race

Art.2-Costumes and Identification

3. Riders belonging to a Cycling Ireland affiliated club must, when competing in an open road race or time trial authorised by Cycling Ireland and organised under Cycling Ireland rules, wear the registered jersey (**replace word jersey with club clothing**) of their affiliated club. In races where a one piece suit is normally worn and a club one piece suit is not available then the rider, with the commissaires agreement, may wear a plain one piece suit.

The rationale is that clubs generally now have club shorts and jerseys in club design rather than just jerseys.

Following Motions Relates to Changes to Memo & Articles of Cycling Ireland

The following three motions are subject to approval by the Revenue Commissioners of Ireland.

Proposed by the Board of Cycling Ireland

Extract from Current Articles with proposed additional wording

28. MANAGEMENT AND ELECTED OFFICERS

30 "Persons whom it is intended putting forward for election to the executive posts of Honorary President, Honorary Secretary or Honorary Treasurer shall be nominated as standing for election for each such respective post. The Honorary President, Honorary Secretary and Honorary Treasurer shall be elected by the Annual General Meeting to fill each of those posts respectively and the other directors not holding executive posts shall also be elected, for a term, from time to time by the Annual General Meeting"

Suggest changing Article 30 to start with saying:-

"Persons whom it is intended putting forward for the election of Honorary President must have served at least one year as a Director of the Company within 5 years from the current AGM year.

(The rationale is to ensure anyone going for the position is aware of the up to date requirements of the post and the Companies Act)

29. TERMS OF OFFICE FOR OFFICERS

Extract from Article 33-

"33 The maximum number of consecutive terms a Board member may serve is three. A person having served a maximum of three terms may not seek re-election until the AGM following the AGM at which he stood down. Terms of office served prior to the Annual General Meeting of 2011 shall not be taken into account in calculating the number of terms served by any director for the purposes of the application of this regulation."

Suggested new wording for article 33

"The maximum number of consecutive terms a Board member may serve is three except in the case of a Board member seeking to be elected as Honorary President. In that case if elected the Board member may serve a further two terms as President in addition to any previous terms served. A person having served the maximum number of terms may not seek re-election until the AGM following the AGM at which he stood down. Only terms of office commencing from the Annual General Meeting of 2011 shall be taken into account in calculating the number of terms served by any director for the purpose of the application of this regulation"

(The rationale is to provide an Opportunity to serve at least 2 terms as President once elected to the position)

30. President Voting Rights

Extract from Article 34

All members of the Board with the exception of the Honorary President shall have voting

"All members of the Board shall have voting rights"

(The rationale is to bring this area in line with regular customary practices where chairperson is entitled a vote.)

Proposed by the Board of Cycling Ireland

31. Adopting of updating regulations for Irish Youth Championships

4. Irish Youth Road Championships

(a) The Irish Youth Road Championships will be held over a single weekend and will consist of:

Irish Youth Road Race Championships;

Irish Youth Criterium Championships;

Irish Youth Time Trial Championships.

(b) The Irish Youth Championships will be conducted in respect of each year within the unrestricted licence bands i.e. 11, 12, 13, 14, 15 and 16 years of age for boys and girls. However in respect of the numbers of girls competing then authority is granted for the

combining of 11 and 12 years of age, 13 and 14 years of age and 15 and 16 years of age in both the Road Race and Criterium Championships

(c) The races will be conducted in accordance with the regulations hereunder in respect of each discipline.

(d) Medals will be awarded to the first three riders in all age groups and a set of three team medals to the overall winning team in each event, this includes the combined events for girls, subject to three or more teams entering each event in accordance with rule T10.20.

(e) The team winners will be decided in accordance with rule T7.A1.22

4.1 Irish Youth Road Race Championships

(a) Irish Youth Road Race Championships in respect of each youth year as described in rule T4.A1.4(b) above, may be held each year.

(b) Gear restrictions and maximum distances will be as described in Table 1 above

4.2 Irish Youth Criterium Championships

(a) Irish Youth Criterium Championships in respect of each youth year as described in rule T4.A1.4(b) above, may be held each year.

(b) Gear restrictions and maximum distances will be as described in Table 1 above.

(c) The circuit should be between 1.5 and 3.5kms.

(d) In a Criterium a competitor suffering an acceptable mishap i.e. puncture, crash or breakage of a part of his bicycle will be granted a lap out with the exception of the last 3 laps. There will only be one such lap out permitted.

(e) An official pit or pits must be established at which scrutinised machines and wheels will be made available and where a lap out may be claimed in respect of rule T4.A1.6 (e) above, at the discretion of the Pit Commissaire.

(f) Competitors granted a lap out, should re-join the field in the same position, but at the rear of the group in which they were, prior to the mishap.

(g) If a group, defined as the breakaway group, laps the main field they shall be given a clear passage, and no rider within the main field shall take advantage of such an incident.

(h) If a group, defined as the breakaway group, catches riders who have been dropped by the main field, then such dropped riders may take advantage of the situation until they regain the main field.

i) The commissaires have the right to withdraw riders about to be lapped if it is felt that by leaving such riders in this may adversely affect the result.

(i) All riders will finish on the same lap as the winner.

4.3. Irish Youth Time Trial Championships

(a) Irish Youth Time Trial Championships in respect of each youth year as described in rule T4.A1.4(b) above, may be held each year.

(b) Gear restrictions and maximum distances will be as described in Table 1 above.

(c) The course may be on a circuit, out and home or straight away.

(d) To facilitate their start all competitors will be held by a person appointed by the organiser whose purpose will be to help the rider maintain balance. He shall neither push nor restrain him.

(e) A competitor's time will commence from the start time allocated to him. However in the event of a rider reporting to the timekeeper after his start time, and where the timekeeper considers that, to start him immediately could possibly interfere with the starting of other riders, then the time between him reporting to the timekeeper and being started may be deducted from his gross finishing time.

(f) Riders will ride alone and unassisted. When overtaking another competitor they will do so as widely as possible (not less than 2 metres) and the overtaken rider will drop back until the other rider is 25 metres ahead. Riding side by side for a distance greater than 1 km constitutes pacing. Infringement of this rule will lead to the disqualification of the competitor(s).

(g) Where following vehicles are permitted the driver must hold a licence issued by a federation affiliated to the UCI. They shall carry a neutral observer and maintain a distance of at least 10 metres behind the rider.

(h) The following vehicle may carry equipment necessary for changing wheels or bicycles.

(i) No equipment for riders may be prepared or held outside the following vehicle nor will persons riding in the vehicle, excessively reach out or sit on the windowsill, while the vehicle is in motion. Breakdown service must only be given with both the rider and vehicle stationary.

(j) In the event of a rider being caught by another rider then the following vehicle may only pass the caught rider when the gap between the two riders is 50 metres.

(k) In the event of a rider with a following vehicle being caught by another rider with a following vehicle, then until such times as the gap between the two riders is 50 metres the vehicle of the faster rider will have precedence.

(l) Restarts will not be permitted under any circumstances.

5. Irish Youth Cyclo Cross Championship

(a) One Irish Youth Cyclo Cross Championship may be held each year and will be open to all youth riders. Gear restrictions as detailed in Table 1 above will apply.

(b) Medals will be awarded to the first three riders and the winning team of three riders based on points.

(c) In the event of a tie in the team competition the winners will be the team with the first three riders to finish.

6. Irish Youth Track Championships

The Irish Youth Track Championships may be held each year in respect of each Youth Category for the Sprint, Time Trial & Distance races. The distance of such races will be in accordance with Table 1 Track, above.

7. Controlled Stage Race

(a) Controlled Stage Races for 11, 12, 13, 14 categories may take place up to a maximum of 11 days, however a rest day will be introduced if the race is to last for more than 5 days.

(b) Daily place-to-place distances will be up to a maximum of 40kms and senior riders will control the pace. A 30-minute rest stop will be taken at mid distance if the overall distance is greater than 25kms.

(c) Skills, sprints, mini-sprints, maxi-sprints, track and cyclo cross may take place during the course of the controlled stage race.

(d) For all such races application will be made to Cycling Ireland for approval with full details of duration, distance, intermediate races etc.

8. Youth Stage Races

(a) Youth stage races may take place up to a maximum of 4 days and may be run on a timed or points basis.

(b) All road stages excluding a split stage will be limited in distance to that as specified in Table 1

Uncontrolled Road Race.

(c) The two half stages of a split stage will be limited in total distance to that as specified in (b) above.

(d) The interval between the split stages will be a minimum of 3 hours.

(e) The daily average distance may not exceed that as specified in Table 1 above. 27

9. In scratch races Youth riders may only compete with their own age group, save that youth and first year Junior girls may compete in a grade lower than that as shown on their licences, if they elect to do so, but will be subject to the gear restrictions of the lower grade.